



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

HOMEOPATHIC REMEDIES

Adults: Take homeopathic drops under the tongue. Hold under the tongue for 60 seconds, then swallow. Please take the drops 30 minutes away from anything else being in your mouth (as best as you can manage) except for water. A typical dose for a homeopathic remedy is 10 drops under the tongue 3x per day, however, your doctor may determine that you need a different dose than that depending on the remedy and individual testing so follow the instructions on the label placed on the bottle.

Children: Take the homeopathic drops under the tongue. Hold under the tongue for 60 seconds, then swallow. Please take the drops 30 minutes away from anything else being in the mouth (as best as you can manage) except for water. A typical dose for a homeopathic remedy is 5 drops under the tongue 3x per day, however, your doctor may determine that you need a different dose than that depending on the remedy and individual testing so follow the instructions on the label placed on the bottle.